

Your Spencer Garment.



With the Compliments of
SPENCER CORSETS LIMITED,
BRITANNIA ROAD,
BANBURY, OXON.

The Spencer Declaration.

We hereby Declare That Each Spencer Corset (excepting only display samples) is designed from a chart filled out by the Corsetière which provides for complete body measurements, and a detailed description of the figure ; that all these measurements, together with the description given by the corsetière, **are used by us** in designing and cutting each separate Spencer Corset ; and that we create a special design for each client.

Guarantee.

We hereby Guarantee this corset not to lose its original shape until worn out provided it is adjusted each day according to the directions given in this booklet.

We Further Guarantee the bones and front clasp of this corset against rusting or breaking during the life of the corset, and will replace the damaged parts of any corset under the above guarantee, provided that the corset is sent to us by prepaid post **as soon as the defect appears.**

Caution !—This guarantee is void unless the corset is adjusted **daily** in accordance with the directions in this booklet. The condition of the corset will shew whether daily adjustment has been made.

SPENCER CORSETS LIMITED
BANBURY, OXON.



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Concerning Your Spencer Garment.

With this Spencer we have given careful designing, good workmanship, and excellent materials. It should give you perfect satisfaction. If for any reason you desire any particulars regarding it, communicate with the Spencer corsetière immediately.

After you have worn it with comfort and pleasure, communicate with the Spencer corsetière and ensure a continuance of that comfort by availing yourself of the Service which, ever courteously, she will render.

The Importance of Good Posture.

Correct posture is absolutely essential to the maintenance of good style and good health. Incorrect posture results in round shoulders, flat chest, cramped lungs, splanchnoptosis (sagging abdominal organs) and deformities of the spine. Unless the posture be corrected, the muscles which should keep the body erect and the organs in position lose tone and the condition grows progressively worse.

Each Spencer corset is designed to correct bad posture or to maintain good posture by giving necessary support to the abdomen and back and so making possible an easy, graceful carriage.

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Your Spencer Corset.

This is the manner in which a Spencer Corset should be laced. Always lace from the top down, leaving a loop at the waist-line and another loop just above the lower end of the clasp in a front lace corset, or seven inches below the waist line in a back lace corset.

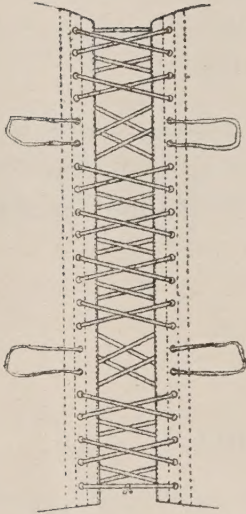


Fig. 1

Moulding of Bones.

Bend the top end of the clasp outward so that it will stand away from the body and the bottom end of the clasp inward so that it will fit snugly to the figure.

Now mould carefully the bottom end of all the other bones so that they will bend in towards the figure.

This can be done by bending the bones sharply inward about three inches from the ends.

After the garment has been adjusted to the figure, the curve of the bones may be slightly altered if they appear to be too sharply bent. All bones should follow closely the contour of your figure.

The Importance of Proper Adjustment.

Because your corset is especially designed for you to help you retain your present good figure, or to correct posture defects, it is important that it be properly adjusted each time you put it on. A little extra time spent in properly moulding the bones of your Spencer corset and in putting it on correctly, will more than repay you in wear, in comfort and in health. If the corset is not adjusted in accordance with directions, it will slip upward on the figure so that the waist line of the corset will be from one to three inches above the waist line of the figure. This means not only that the strain will be placed on the wrong part of the corset, causing it to lose its shape and the bones to break, but it will also ruin your figure.

If your corset is to wear well and accomplish the purpose for which it is designed, it must be adjusted according to directions every time you put it on.

The Correct Way to Adjust a Spencer Corset.

Fasten the garment around your body, lacers untied and loosened from the top to bottom as far as the length of the lacer will allow. Fasten the hooks below the clasp. Pull the garment low on the figure and fasten the hose supporters.

Draw up the lacers about half way, slip your hand inside the corset, and smooth the abdominal flesh to left and right.

Draw in and tie the lacers at the waist so that the opening is about two inches wide. This anchors the corset at the waist line and prevents it slipping up.

Now draw in and tie the lacers in the lower part of the garment, leaving an opening about two inches wide.



RIGHT WAY

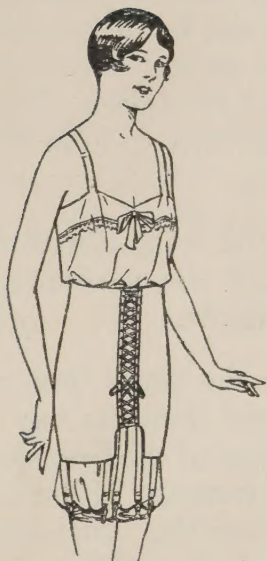
Fig. 2



WRONG WAY

Fig. 3

BACK LACE



RIGHT WAY

Fig. 4



WRONG WAY

Fig. 5

FRONT LACE

Improper adjustment allows the corset to slip up on the figure, makes the bones turn on edge, spoils the shape of the garment, and ruins your figure lines.

To Adjust the Spencerette.

The bones of the Spencerette should be carefully moulded to fit snugly to the figure.

Slip the garment on, fasten the hose supporters, drawing the lacers in about half way, and insert the hand between the garment and the body to smooth the flesh over the abdomen to the right and left. The underclothing should be drawn taut all around the figure both below and above the garment to help to distribute the flesh.

Draw the loops of the lacers at the waist line to the final degree of tightness, and tie. This anchors the garment in place while the adjustment below waist is being made.

The lacer, from the bottom to the waist line, should next be drawn in to the desired tightness, and then the top of the garment re-adjusted as necessary. When adjusted the Spencerette should be about two inches apart from top to bottom. The opening may be slightly greater both above and below the waist line than it is at the waist, but it should never be greater at the waist than above and below.

To Adjust the Slenderette.

The wearer may step into the Slenderette or pull it on over her head, as she prefers, getting it well down on the figure. The hooks and eyes should be fastened, and the garment pulled well down in the back so that it hugs the figure snugly and comes as far as the crease where the buttocks join the legs. The hose supporters should then be fastened, taking care not to place greater tension on those in front than is placed on the supporters at the sides and back.



Fig. 6

To Adjust the Spencer-Band.

The same care should be taken in moulding the bones in the Spencer-Band as with other Spencer garments, in order to ensure the proper grip of the garment at the bottom back. See page 4.

The hose supporters should always be fastened first, to pull the garment well down on the figure. The fastening of the clasp and the adjustment of the lacers brings the Spencer-Band into place on the figure.

To Adjust the Spencer Supporting Corset.

Before the Corset is placed on the body, see that the straps of the inner supporting belt are run through the openings and engaged with the buckles on each side. Adjust the straps so as to leave plenty of room to step into the corset. Place the smooth surface of the belt so that it will come next to the body, and the side with the straps and bone casings away from the body.

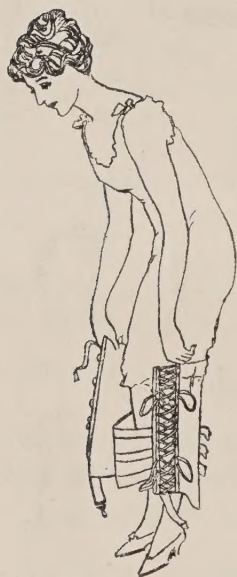


Fig. 7



Fig. 8

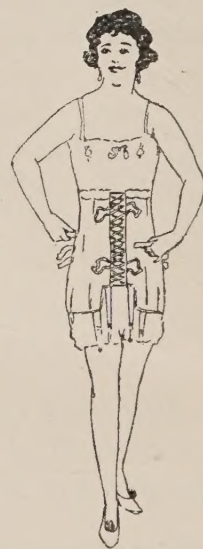


Fig. 9

Step into the corset (Figure 7) and draw up the straps of the inner belt (Figure 8) enough to hold the garment in place.

Fasten the corset clasp, the hooks below the clasp, and the hose supporters. Draw the lacers about half way to the final

adjustment. Distribute the abdominal flesh as directed for the dress corset (see page 6). Tighten the straps attached to the supporting section so that it is absolutely smooth and in its correct position under the corset (Figure 9).

Now lie flat on your back with your knees raised and a pillow under your hips and adjust the lacers. While still lying down and after tightening the lacers, draw up to their final adjustment the straps which operate the supporting section (Figure 10). Make the bottom strap as tight as it can comfortably be worn, and gradually decrease the tension of each higher strap until the top straps are no tighter than the corset itself is at that point. It is advisable that the final adjustment be made while lying down, as better results can be secured by doing so. (Figure 11 shows the garment fully adjusted.)

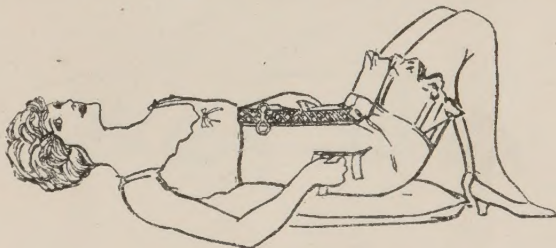


Fig. 10

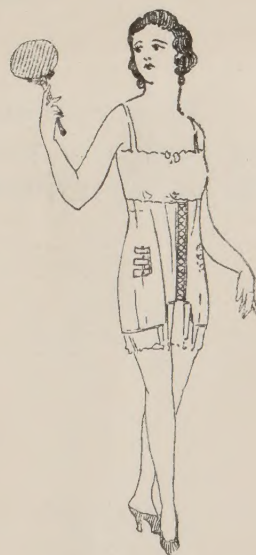
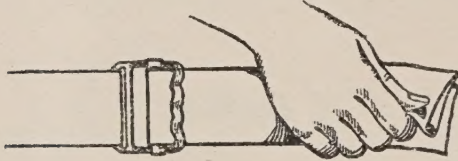


Fig. 11

Do not adjust the support too tightly at first. If it seems too tight make the adjustment a little looser. Each day you can adjust it a trifle tighter until after a week or two the adjustment will be perfect.

Adjustment of Straps.

To adjust the straps on a Spencer Supporting Corset, or Belt, pull them exactly at right angles from the buckles. If you pull the straps crooked, the buckle will be pulled out of place, and the webbing will be damaged.



Do this.....Not this.

Fig. 12

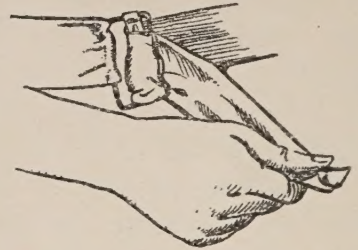


Fig. 13

STRAP ENDS.

After your straps are properly drawn up to adjust the supporting section of your corset or Spencer Belt, slip the ends through the loops provided.

To Adjust the Spencer Belt.

Place the ends of the straps through the buckles on each side far enough for them to hold, but leave the opening large enough so that the belt will slip over your head and into position easily.

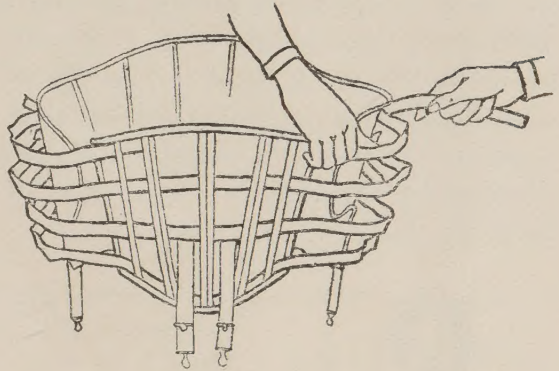


Fig. 14

Slip the belt over your head thus :

Settle the belt on the figure a trifle lower than it is to be worn and draw in the straps about half way to their final adjustment, always tightening the lower strap first. Now fasten the hose supporters, adjusting them as to length, or if hose supporters are not to be worn, adjust the length of the perineal straps.



Fig. 15

When the straps of the abdominal support are pulled in about half way to their final adjustment and the hose supporters or the perineal straps are adjusted so that they are taut, lie flat on your back with your knees raised and a pillow under your hips (as shown in Supporting Corset adjustment, page 11). Now draw the straps of the supporting section up to their final adjustment, making the bottom strap as tight as it can be worn and gradually decreasing the tension until the top strap has been drawn just comfortably taut.



Fig. 16

It is not essential to lie down for final adjustment, but it is better to do so.

Do not adjust too tightly at first. If the belt seems tight, loosen it. Each day you can adjust it a little snugger.

To Adjust the Support for Sacro-Iliac Strain.

The support for sacro-iliac strain is placed inside the corset or belt with the pad at centre back, the straps emerging through the openings at either side of the corset in front.

These straps fasten on the outside of the corset or belt so that they may be adjusted easily. Draw the straps up to the desired tightness.

Re-Designing.

If your figure changes so that your Spencer Corset does not lace evenly, communicate with your corsetière and arrange to have your garment re-designed.

Re-designing is done at cost because we desire your Spencer to render you the best possible service until it is worn out.

To Launder Spencer Garments.

Launder your corset frequently. Washing will not injure it.

Lay it on a flat surface and scrub it with a soft brush, using "Lux" and warm water. Rinse thoroughly and hang to dry.

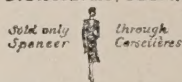
While it is still damp, stretch it from top to bottom, grasping the two ends of each bone casing and pulling. This will tend to offset the natural shrinkage, and the garment will dry without having the bones jam too tightly in the casings.

Before the garment is entirely dry, press all of it, except the elastic, with a warm, *not hot*, iron. (Pressing elastic with a hot iron ruins it). Be sure to turn the garment to the wrong side, and press the strips covering the bones.

The Slenderette is made without bones and should be laundered by spreading on a flat surface and scrubbing with a soft brush, warm water and "Lux." When the garment is partially dry it should be stretched into shape and pressed with a warm, *not hot*, iron.

NOTE.—Because the durability of your Spencer garment depends so much upon the care that you give it, we cannot state how long the cloth in any garment will wear. If the cloth seems defective return the garment at once and we will test the cloth scientifically.

MAISON DE JUVENES
SPENCER
CORSETS, GIRDLES, BRASSIERES, BELTS, SURGICAL SUPPORTS



British Made by
SPENCER CORSETS LIMITED,
BRITANNIA ROAD,
BANBURY, OXON.